

COZY RECIPES  
CELEBRATING THE  
LOCAL FOOD  
WINTER LANDSCAPE

# ***Winter 2022 Local Food Cookbook***

featuring game & garden recipes





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# Bacon Wrapped Venison Bites

Version 1

SUBMITTED BY: JESSICA CHAUVIN, AGENCY OF EDUCATION

## Ingredients

- |                            |   |
|----------------------------|---|
| 1.5 pounds venison         | 3 cloves garlic, pressed or finely minced |
| ¼ cup olive oil            | 1 teaspoon mustard (any kind)             |
| ¼ cup soy sauce            | ½ teaspoon black pepper                   |
| ¼ cup Worcestershire sauce | ¼ cup barbecue sauce                      |
| ¼ cup balsamic vinegar     | 2 tablespoons water (optional)            |
|                            | 1 package thick-cut bacon                 |

## Directions

1. In a bowl large enough to hold the venison, whisk together the olive oil, soy sauce, Worcestershire sauce, and balsamic vinegar. Add the crushed garlic, mustard, and black pepper. Set aside.
2. Rinse the venison backstrap and pat dry. Cut evenly into 1-inch sized pieces.
3. Place the venison chunks into the prepared marinade. Toss with your hands to coat all pieces. Cover and refrigerate for 1 - 2 hours.
4. Preheat oven to 450 degrees. If your oven "runs cool", adjust to 475.
5. Drain the marinade from the venison completely. Pat with paper towels to remove excess marinade.
6. Wrap each piece of venison with half a strip of thick cut bacon. Wrap tightly, securing with a toothpick.
7. Arrange the bacon wrapped bites seam side down onto a broiler pan or wire rack over a rimmed baking sheet.
8. Bake for 10 - 12 minutes at 450. Remove from the oven and turn on the broiler.
9. Stir together the barbecue sauce and water to a thin consistency. Using a brush, baste the bacon wrapped venison. Broil and baste the bites, turning FREQUENTLY, until the bacon is browned.





# Bacon Wrapped Venison

Version 2

SUBMITTED BY: LORI HART, DEPARTMENT OF VERMONT HEALTH ACCESS

## Ingredients

Venison, 1 piece 4-6 inches long and fairly thin

Bacon

Maple Syrup

## Directions

1. Wrap venison in bacon and hold together with a toothpick.
2. Place on a pan lined with aluminum foil.
3. Pour maple syrup over the top of the venison
4. Bake on 350 for about 40 minutes.





# One Pot Smoked Sausage Pasta

SUBMITTED BY: MICHELE WEBSTER, AGENCY OF HUMAN SERVICES

## Ingredients

- |                           |                                |
|---------------------------|--------------------------------|
| 3 Tbsp Olive Oil          | 1 12oz can of diced tomatoes   |
| 2 lbs smoked sausage      | ½ cup heavy cream              |
| 1 Medium onion, chopped   | ¼ tsp black pepper             |
| 3 cloves of minced garlic | 8 oz dry bow tie pasta         |
| 2 cups chicken broth      | 2 cups shredded cheddar cheese |

## Directions

1. Slice smoked sausage into bite sized pieces
2. Heat the olive oil and sauté onions until soft
3. Stir in garlic and sliced sausage
4. Add chicken broth, diced tomatoes, and pepper.
5. Stir until mixed well
6. Add pasta. Make sure that the pasta is stirred into the sauce and covered with liquid.
7. Cover and simmer for 15-20 minutes
8. Add the cream and 1 cup of cheddar cheese, stir until melted
9. Serve with additional cheese and sour cream, if desired.





# Wild Spruce Mocktail

SUBMITTED BY: JULIA MAILLE, DEPARTMENT OF VERMONT HEALTH ACCESS

## Ingredients

- 3 oz Cranberry Juice
- 10 oz Sprite
- Couple of Cranberries
- 2 wild Spruce Sprigs\*



## Safety Tip:

\*Make sure to properly identify spruce trees and don't use any chemically treated Christmas trees. Also check with your doctor to make sure it's ok for you to consume Spruce, as it is high in Vitamin C.

## Directions

1. Fill 2 tumblers with ice
2. Divide Sprite between the two glasses and top off with cranberry juice
3. Garnish with cranberries and spruce sprig, and enjoy!





# Fresh Hot Fridge Pickles

SUBMITTED BY: CHERYL WILLOUGHBY, DEPARTMENT OF VERMONT HEALTH ACCESS

## Ingredients

- 1 cup water
- 1/3 cup vinegar (apple cider, white, and rice wine are all good)
- 2 TBSP white sugar
- 1 + 1/2 tsp. salt
- 1 white onion, sliced thinly
- 2 + 1/2 c. cucumbers, sliced thinly
- 1 tsp. red pepper flakes (or more if you like it spicier)



## Directions

1. Add water, vinegar, sugar, and salt to a bowl or lidded container and stir until the salt and sugar is dissolved.
2. Add onion and cucumber, covering them in the brine.
3. You can make more of the brine (first four ingredients above) if needed. Cucumbers and onions should be completely submerged.
4. Cover the container or bowl and put it in the fridge for at least a week before serving.

### GARDENING TIP:

Sprinkle coffee grounds and used teabag contents liberally around the base of garden plants to ward off slugs.





# Partridge Stir Fry

with local Vermont veggies

SUBMITTED BY: WENDY ALGER, VT FORENSIC LABORATORY

## Ingredients

- Partridge breast meat cut into strips  
(1/2 cup of meat per person)
- 1 bell pepper
- 1 onion
- 1/2 cup mushrooms
- 1 clove garlic
- olive oil
- Montreal seasoning  
(or seasoning of your choice)
- Cooked rice, for serving

## Directions

1. Cut veggies into strips and stir fry in oil and seasoning.
2. When veggies are soft, add meat and continue to stir fry.
3. Add additional seasoning as needed for taste.
4. Serve over cooked rice.



### Gardening Tip:

Join the UVM Extension Master Gardener Program to learn about growing your own food or helping in a community garden, and helping others learn too. And don't forget to "grow an extra row" of veggies for your neighbors.





# Squirrel Stew

VIA [WWW.JUSTAPINCH.COM](http://WWW.JUSTAPINCH.COM)

## Ingredients

- 1 squirrel, cut up
- all-purpose flour
- salt and pepper
- 2 1/2 Tbsp butter
- 7 cups boiling water
- 1 tsp thyme
- 1 cup corn (canned, frozen, or freshly cut off the cob)
- 3 potatoes, cubed
- 3 medium onions, sliced
- 2 cups tomatoes, canned
- 1/4 tsp cayenne pepper

## Directions

1. Bring the 7 cups of water to a boil in a large stewpot
2. Dredge squirrel pieces in flour seasoned with salt and pepper
3. Melt the butter in a separate skillet, then add the squirrel pieces and brown
4. Add the squirrel pieces and the thyme, corn, potatoes, onions, and cayenne to the water
5. Cover and simmer 1-2 hours
6. Add the tomatoes and simmer 1 more hour





# Venison Stuffed Peppers

VENISON STUFFED PEPPERS | CLASSIC ITALIAN STYLE (MISSALLIESKITCHEN.COM)

## Ingredients

- 1 Tbsp. olive oil
- 1 large, yellow onion, diced
- 1 lb. ground venison
- 4 garlic cloves, minced
- 1 tsp. salt
- 1/2 tsp. pepper
- 1 Tbsp. Italian seasoning
- 2 Tbsp. red wine vinegar
- 2 cups cooked rice (I like long-grain, brown)
- 16 oz. tomato sauce (I used 2 (8 oz.) cans, you can also use a (15 oz.) can)
- 8 bell peppers

## Directions

1. Preheat the oven to 375F.
2. Start by heating the olive oil over medium heat in a large skillet. Then, add the onion and saute for about 5-7 minutes, until lightly browned.
3. Then, add the ground venison and brown, this takes about 8 minutes. Add the garlic, salt, pepper, and Italian seasoning. Brown for an additional 3-4 minutes to give the spices a chance to release flavor.
4. Next, add the red wine vinegar and deglaze the pan. Then, stir in the rice and tomato sauce. Remove the filling from the heat.
5. Cut the tops off of the 8 peppers and remove the seeds. Place the peppers in a large baking dish (any size that fits all the peppers works), and stuff with the venison mixture.
6. Bake for 30 minutes, until the peppers are soft.
7. If desired, top with parmesan and fresh parsley.





# White Pheasant Chili

SUBMITTED BY: MAURA O'BRIEN

## Ingredients

- 1 1/2 lb boneless pheasant
- 1 medium onion, chopped
- 1 1/2 tsp garlic powder
- 1 tbsp vegetable oil
- 2 15.5 oz cans Great Northern beans, rinsed and drained
- 1 14.4 oz can chicken broth
- 2 cans chopped green chiles
- 1 tsp salt
- 1 tsp ground cumin
- 1/2 tsp cinnamon
- 1/2 tsp dried oregano
- 1/2 tsp black pepper
- 1/2 tsp cayenne pepper (or less to taste)
- 1 cup sour cream
- 1/2 cup heavy whipping cream

## Directions

1. In a large saucepan, sautee pheasant, onion, garlic powder in the oil until pheasant is no longer pink.
2. Add the beans, broth, chilis, and seasonings and bring to a boil
3. Reduce heat and simmer for 30 minutes, uncovered
4. Remove from heat and stir in sour cream and heavy whipping cream





# Apple Tomato Chutney

SUBMITTED BY: MAURA O'BRIEN

## Ingredients

- 8 cups peeled, cored, and chopped apples (about 6 apples)
- 4 1/2 cups peeled and chopped tomatoes
- 2 cups coarsely chopped onions
- 1 red bell pepper, seeded and chopped
- 1 clove garlic, minced
- 3 cups tightly packed brown sugar
- 2 cups cider vinegar
- 1/2 cup chopped fresh ginger
- 1/2 cup orange juice
- 1 tbsp salt
- 1 tsp ground cinnamon
- 1 tsp ground allspice

## Directions

1. In a deep enameled or stainless-steel pot, bring all of the ingredients to a boil over moderate heat.
2. Reduce the heat and cook until the apples are tender and the mixture is very thick, 1 1/2 to 2 hours.

For canning:

- Ladle HOT mixture into HOT sterilized 1/2 pint jars and seal
- Process for 5 minutes in boiling water bath





# Bear Meat Quiche

FROM [HTTP://WWW.ROBINFOLLETTE.COM/](http://WWW.ROBINFOLLETTE.COM/), VIA VT FISH AND WILDLIFE

## Ingredients

- 2 cups of shredded cheese
- 1 premade pie crust
- 1 lb of precooked bear sausage
- 1 cup chopped onions
- 2 cups sliced fresh mushrooms
- 6 eggs
- 6 oz cream or milk
- salt and pepper

## Directions

1. Line a 9 inch pie plate with pie crust and preheat oven to 350 degrees
2. Layer (don't mix):
  - a. cheese on top of the crust
  - b. sausage on top of the cheese
  - c. onions on the sausage
  - d. mushrooms on the onions
3. Scramble eggs with milk, salt and pepper
4. Pour egg mixture over the layers
5. Bake for 45 to 60 minutes at 350°. It's done when a knife removes cleanly from the center. Let cool 10 minutes before cutting





# Fresh Catch Fish Tacos

SUBMITTED BY: HOPE SEGCELINK, DHR

## Ingredients

- 1 lb fresh catch (or any white fish)
- 1 tbsp olive oil
- 2 tbsp lime juice
- 1/2 tsp cumin
- 1/4 tsp smoked paprika
- 1/2 tsp salt

## Toppings

- Corn tortillas
- Fresh sliced jalapeno, avocado, and/ or radishes
- Lime wedges and cilantro
- Feta cheese, crumbled
- Avocado Crema (see next page)
- Pickled red onions (see next page)
- Cabbage slaw (next recipe)

## Directions

1. Marinate fish in oil, lime juice, spices, and salt for 30 minutes while you preheat the oven to 400 degrees.
2. Transfer filets to a baking sheet with sides, lined with foil or parchment for easy cleanup
3. Bake fish for 7-20 minutes (depending on thickness), until it flakes easily with a fork
4. Flake onto warmed corn tortillas and top with desired toppings

Hint: Prepare onions 1 day ahead of time. Prepare cabbage slaw first and let sit to meld flavors. Let fish marinate while you preheat the oven. Prepare crema while fish is in oven.





# Fresh Catch Fish Tacos, continued

## Pickled Red Onions



Ingredients:

- 1 red onion, sliced very thin
- 1 cup white vinegar
- 1 cup water
- 1 tbsp salt
- 2 tbsp granulated sugar
- 1-2 cloves garlic, smashed
- 1 tsp whole black peppercorns
- 3-4 slices fresh jalapeno (optional)

Directions:

1. Combine sugar, salt, water, and vinegar in a small saucepan
2. Add garlic, pepper, and jalapeno to a heat safe jar (a pint mason jar works well here)
3. Slice onion very thin and pack tightly into the jar on top of the pepper and garlic
4. Pour hot vinegar mixture over the onion mixture
5. Let stand at room temp for at least 30 minutes (though these are even better after 1-2 days in the fridge)

## Avocado-Lime Crema



Ingredients:

- 1/2 cup plain Greek yogurt
- 1 ripe avocado
- Juice of 1/2 lime (or more)
- 1-2 clove garlic, minced
- 1 tbsp olive oil
- Salt to taste
- 1/4 tsp cumin
- 1/4 tsp coriander

Directions:

- Mash all ingredients in a small bowl with a fork
- OR
- Blend all ingredients smooth with a food processor
  - Taste and add more lime, garlic, spices as needed





# Winter Slaw

SUBMITTED BY: HOPE SEGGEINK, DHR

## Ingredients

### Salad:

- 4 cups sliced cabbage (a mix of red and green is nice but not necessary)
- 2 large carrots, grated
- 2 clementine oranges; peeled, sliced crossways, and sectioned
- 1/2 cup cilantro, chopped
- 3-4 green onions, sliced

### Dressing:

- 1/4 cup lime juice
- 1/4 cup red wine vinegar
- 1 to 2 tbsp honey
- 2 tbsp Dijon mustard (I like the seedy kind)
- 1/2 cup olive oil
- Salt to taste

## Directions

1. Sprinkle about 1/2 tsp salt over the cabbage in a large bowl. Massage with your hands about 3-4 minutes, until it begins to release some juices and decrease in volume slightly. It may also look brighter in color.
2. Add lime juice to the bowl and toss; let it sit while you prepare the rest of the ingredients
3. Whisk together remaining dressing ingredients in a small bowl
4. Add carrots, onions, orange sections, and cilantro to cabbage mixture and toss to combine
5. Toss salad with half the dressing, taste, then add more dressing as needed.





## Roasted Sweet Potato and Fit Kale Salad with Maple-Cinnamon Cider Vinaigrette

SUBMITTED BY: GRACE THOMPSON, DHR

### Ingredients

For the Salad:

- 1 large sweet potato, chopped
- 6 large figs, halved
- 1 head lacinato kale, chopped
- 1 head Russian red kale, chopped
- 1/3 cup dried cranberries
- 1 tablespoon fresh lemon juice
- 1/3 cup Maple-Toasted Walnuts, chopped
- 2 tablespoons pumpkin seeds

Maple-Cinnamon Cider Vinaigrette

- 3 tablespoons olive oil
- 2 tablespoons cider vinegar
- 1 tablespoon pure maple syrup
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon sea salt, to taste

### Directions

Roast the Sweet Potato and Figs

1. Preheat the oven to 415 degrees F. Spread the sweet potatoes and figs on a large baking sheet. Drizzle with olive oil and sprinkle with sea salt. Use your hands to coat everything in oil. Roast figs for 10 to 12 minutes, until caramelized, and sweet potatoes for 30 to 35 minutes, until golden-brown and crispy.

Prepare the Cider Vinaigrette

1. Add the ingredients for the vinaigrette to a small blender, and blend until completely smooth. Set aside until ready to use.

Prepare the Salad

1. Add the chopped kale to a large serving bowl and drizzle with lemon juice. Use your hands to massage the lemon juice into the kale leaves (this process breaks down some of the fibers in the kale and softens it up). Drizzle desired amount of cider vinaigrette over the kale and toss well until coated. Serve salad with dried cranberries, roasted sweet potatoes and figs, and maple-toasted walnuts and pumpkin seeds.





# Sweet, Salty, and Sassy Fruit Dip

SUBMITTED BY: HOPE SEGGEINK, DHR

## Ingredients

- 2 oz cream cheese, room temperature (or Greek yogurt)
- 1/4 cup natural unsweetened peanut butter
- 1 tbsp maple syrup
- 1 tsp cinnamon
- 1 tbsp unsweetened cocoa powder
- 1 tbsp chia seeds
- 1 tbsp shredded unsweetened coconut flakes
- 2-3 tbsp milk of choice (I used oat milk)

## Directions

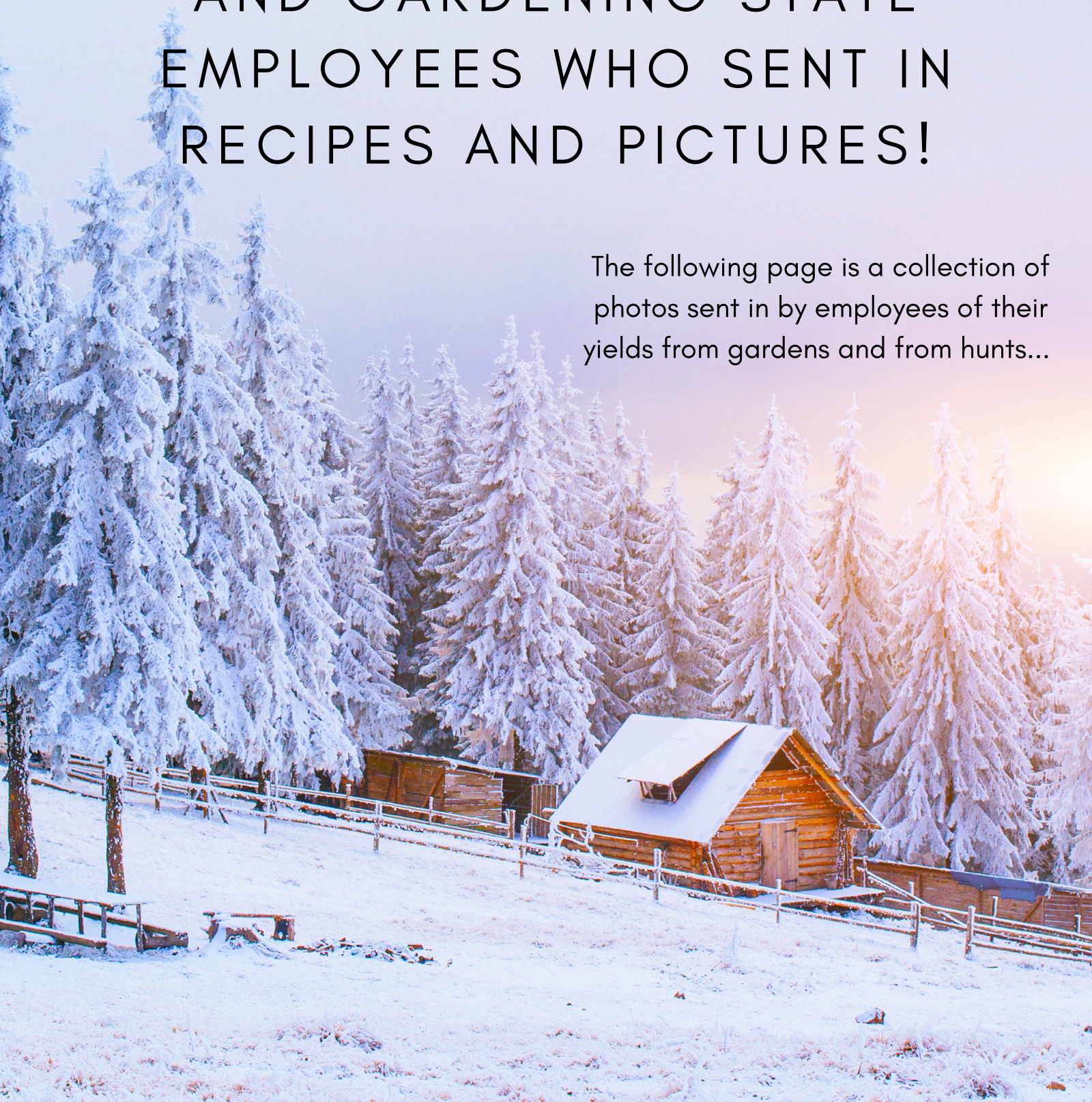
1. Stir together peanut butter and cream cheese in a small bowl
2. Add maple syrup, cinnamon, cocoa, chia seeds, coconut, and 1 tbsp milk
3. Stir together until smooth, adding more milk as necessary to achieve desired consistency
4. Serve with apple slices or other in-season fruit



# Thank you

TO THE HUNTING, GATHERING,  
AND GARDENING STATE  
EMPLOYEES WHO SENT IN  
RECIPES AND PICTURES!

The following page is a collection of  
photos sent in by employees of their  
yields from gardens and from hunts...







PICTURE FROM MY GARDEN!  
-Cheryl Willoughby



a VT Partridge taken according to  
VT Hunting laws during partridge  
season, artistically placed near  
the legally purchased  
and used firearm.  
-Wendy Alger



I started hunting in 2020, when  
ANR and VT Fish & Wildlife  
offered license courses online.  
Went out with my two brothers  
Novice weekend and got my first  
deer ever. I'll never forget that  
day and it was something I had  
wanted to do forever and the  
state finally made it a little more  
accessible to me. I also took the  
online Archery course this fall  
and can't wait to get out next  
season. I'm still waiting for my  
first buck, but my tip is that  
persistence and PATIENCE is key.  
We miss 100% of the shots  
we don't take and that is  
100% true for hunting!  
-Jessica Chauvin

